DOCUMENT RESUME

ED 413 319 SP 037 628

TITLE	Get Fit! How To Get in Shape To Meet the President's Challenge. A Handbook for Youth Ages 6-17.
INSTITUTION	President's Council on Physical Fitness and Sports, Washington, DC.
PUB DATE	1997-00-00
NOTE	45p.
PUB TYPE	Guides - Non-Classroom (055)
EDRS PRICE	MF01/PC02 Plus Postage.
DESCRIPTORS	*Calisthenics; *Child Health; Elementary Secondary Education; Health Promotion; *Health Related Fitness; *Motivation; *Physical Fitness; *Physical Fitness Tests

ABSTRACT

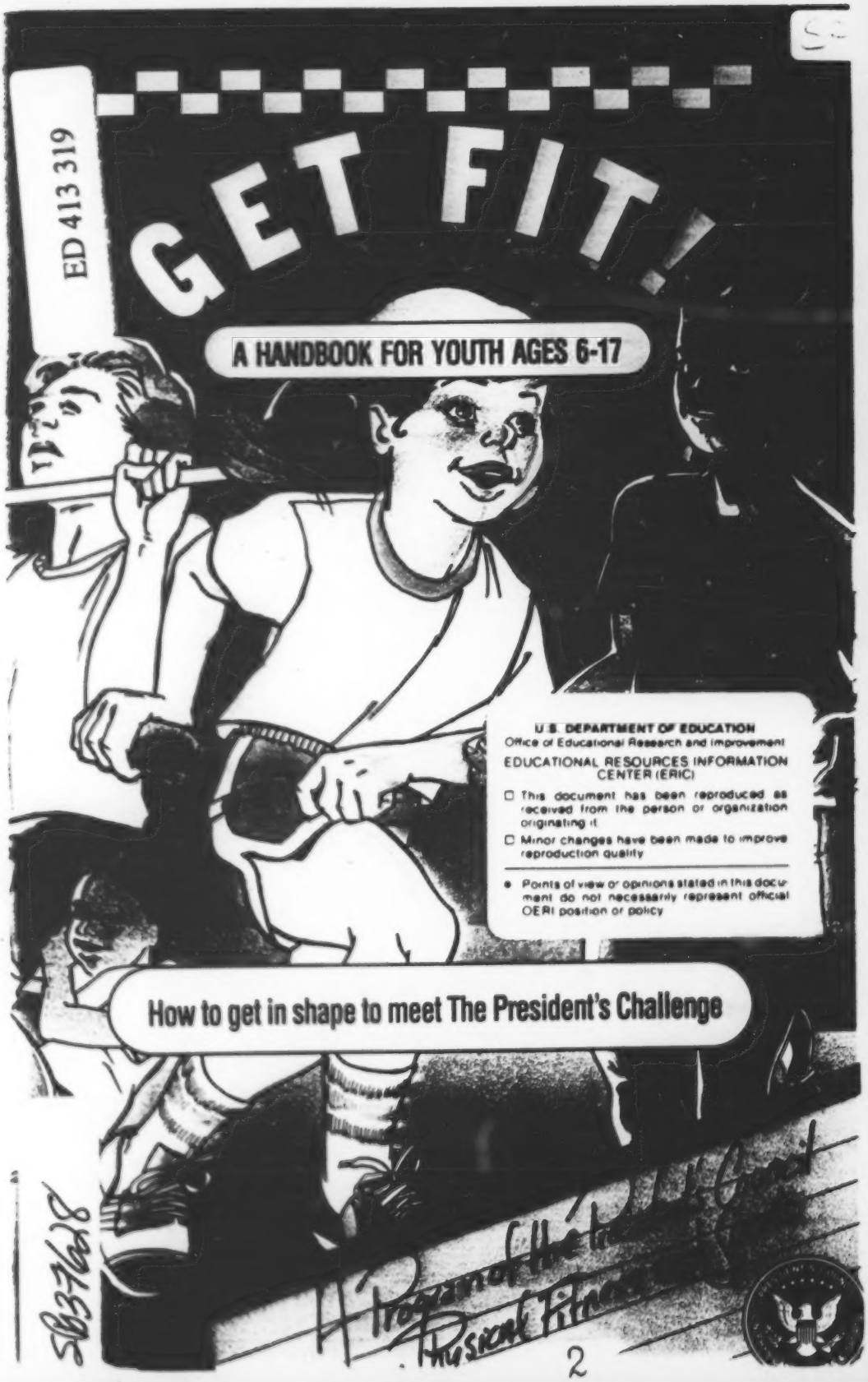
This handbook focuses on how to get into shape, how to practice for each of the events in the President's Challenge, and how to improve performance on various events to increase chances of earning one of the President's Challenge awards. Sections of the booklet cover motivational tips, defining and measuring physical fitness, body composition, how to improve fitness, a description of the President's Physical Fitness Award Program and how to do the various exercises, information on the Health Fitness Award, an exercise program, guidelines for qualifying students with disabilities, and a fitness quiz. (ND)

****
* Reproductions supplied by EDRS are the best that can be made *
* from the original document. *
****

ED 413 319

GET FIT!

A HANDBOOK FOR YOUTH AGES 6-17



U.S. DEPARTMENT OF EDUCATION
Office of Educational Research and Improvement
EDUCATIONAL RESOURCES INFORMATION CENTER (ERIC)

☐ This document has been reproduced as received from the person or organization originating it

☐ Minor changes have been made to improve reproduction quality

• Points of view or opinions stated in this document do not necessarily represent official OERI position or policy

How to get in shape to meet The President's Challenge

BEST COPY AVAILABLE

THE WHITE HOUSE

WASHINGTON

Dear Administrators, Teachers, and Parents:

I believe that all of us, together, now have a wonderful opportunity to revitalize education in America in order to give our children the very best chance at succeeding in an increasingly complex and rapidly changing world.

Our children need creative schools that place high value on basics such as reading, writing, and arithmetic, and promote science, the arts, and humanities. Along with these valuable basics, it is paramount to provide a balanced curriculum and appreciation for the essential relationship that the ancient Greeks emphasized through the belief in a sound body and mind. Now is the time to renew these themes.

Our children deserve the right to achieve intellectually and grow up fit. An important part of education is learning that physical fitness is the key to a happier, healthier, and more productive life.

Our children also deserve good role models in their schools and their communities -- people who will lead the way through personal example and commitment. We all can strive to adopt healthy lifestyle habits.

The nation needs your help if we are to be successful in challenging our children to develop healthy minds and healthy bodies. I appreciate your willingness to participate in the President's Challenge Program.

Sincerely,

Bill Clinton

Printed in 199

THE PRESIDENT'S COUNCIL ON PHYSICAL FITNESS AND SPORTS

WASHINGTON, D.C. 20201

A MESSAGE FROM
THE PRESIDENT'S COUNCIL ON PHYSICAL FITNESS AND SPORTS

Since 1966 the Presidential Physical Fitness Award Program has offered you, America's youth, the chance to improve your fitness. This program, for all young people between the ages of 6 and 17, regardless of abilities or special needs, measures muscular strength and endurance and flexibility. All you need to participate is the desire to "Get Fit" and to take the "President's Challenge."

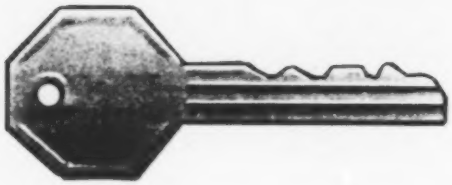
This handbook can be the first step on your journey to getting in shape: an adventure into fitness that will last a lifetime! But with fitness, as with anything, you need to start from the beginning. Here's how to do it.

This booklet will show you how to prepare for each of the elements of the "President's Challenge." Becoming physically fit is like building a house. You need to gain a strong foundation and over time build upwards from there. So, try each exercise in the book, doing the best you can. Be careful not to push too hard, too fast. You don't want to risk an injury that would keep you from your goal. If you can't do an exercise at first, don't worry. Keep in mind that even the world's best athletes had to start somewhere. What's important is improvement. With determination and a strong commitment, you will reach your goal. Everyone can become physically fit.

Once you feel you have mastered the exercises in this booklet, you are ready to take the "President's Challenge." The program has four different levels of awards: the Presidential Physical Fitness Award, given for outstanding achievement; the National Physical Fitness Award, given for reaching a basic but challenging level of fitness; the Participant Physical Fitness Award, given for attempting the President's Challenge; and the Health Fitness Award for reaching a healthy level of fitness.

Please remember that everyone is a winner in fitness. Knowing that you've done your best and learning in which areas you need to improve are important also.

So, the road you take on your "journey into fitness" is up to you. Head in the right direction and keep focused on your goal of becoming as physically fit as you can be, and in time you will reach your destination.



KEYS TO SUCCESS

- ***TAKE PRIDE IN WHAT YOU DO:*** Finish each job you start and make sure you've done your best.
- ***TAKE SETBACKS IN STRIDE:*** Learn from your mistakes and keep looking toward the future.
- ***SET NEW GOALS:*** You'll never know what you can do until you try.
- ***WORK HARD:*** Talent alone is not enough. Only by hard work can you reach your goal.
- ***COMMITMENT:*** Make a total commitment to achieve your goals.
- ***BE CONSISTENT:*** Set a regular schedule and stay with it.
- ***ALWAYS GIVE 110%:*** Do more than is expected of you.
- ***BE PREPARED:*** To get ahead, plan ahead.
- ***ENTHUSIASM:*** Be positive. Enjoy what you do and do it as well as you can.
- ***BE INNOVATIVE:*** The ability to find a new method or get better results sets people apart.
- ***BE CONFIDENT:*** To succeed, you must *know* you can do it.

Contents

INTRODUCTION 4

PCPFS
MOTIVATIONAL TIPS 5

WHAT IS PHYSICAL FITNESS? 6

HOW DO YOU
MEASURE PHYSICAL FITNESS? 7

BODY COMPOSITION 9

HOW TO IMPROVE 10

THE PRESIDENTIAL
PHYSICAL FITNESS AWARD PROGRAM 11-19

THE HEALTH FITNESS AWARD 20-21

EXERCISE PROGRAM 22-38

GUIDELINES FOR QUALIFYING STUDENTS
WITH DISABILITIES 39

FITNESS QUIZ 40

Introduction

American youth have participated in the Presidential Physical Fitness Award Program or the President's Challenge since 1966. The program includes all young people from the ages of six through 17, including those students with special needs.

In addition, three awards are also available to go with the prestigious Presidential Physical Fitness Award for outstanding achievement. The National Physical Fitness Award was introduced in 1987 and is for those who reach a basic yet challenging level of fitness. An award called the Participant Physical Fitness Award, introduced in the Fall of 1991, is for those who attempt the President's Challenge but don't qualify for a Presidential or National Award.

This booklet will help you to become as physically fit as you can be. On the following pages you will learn how to get in shape, how to practice for each of the events in the President's Challenge and how to improve on those events which are giving you trouble so that you can increase your chances of earning one of the President's Challenge awards.

Everyone can become physically fit. All it takes is some determination, some time and a serious commitment. Don't be discouraged if you can't do EVERY exercise immediately. Do what you can and go on to the next exercise. By following the directions in this booklet, you'll soon be on the way to improvement.

It's important to remember, however, that you shouldn't try to do too much too soon, because you could injure yourself. Getting in shape requires time. If you feel pain or exhaustion, ease off and tell your parent or instructor. A workout should be challenging, but not painful. As you get in better shape you'll also find it fun and exhilarating.

So, let's GET FIT . . .

Motivational tips from The PCPFS

Don't make the mistake of thinking that just because you are active, you are physically fit already. It takes specific exercises to build fitness—exercises for flexibility, strength and endurance. That's where this booklet will help. It's also fun to learn how your muscles work. You may want to read a book on fitness or on the human body to increase your knowledge.

It's also important and fun to set goals. Record your weekly progress in a personal log or notebook. Keep track of the number of pull-ups and curl-ups you do and how far you can stretch. Keep track of the number of miles jogged. You may want to chart them on a map and plot a cross-country, imaginary trip. It's also fun to make exercise a part of your daily life and to try to include friends and family members in your physical activities—walking, bicycling, swimming, skating, skiing, just to mention a few.

Even with a busy schedule, you can find time to exercise. Try to set aside a specific time each day. Maybe you can cut down on the amount of time you spend watching TV. Or you can find exercises you can do while watching your favorite programs. The important thing is to make the commitment to get fit. Even if you don't earn an award this year, you'll known that you've tried and that you are heading in the right direction. No one can expect more of you than that.

Beginning in the fall of 1996, as an alternative to the traditional physical fitness awards, the President's Challenge now offers you the opportunity to earn a Health Fitness Award. This award can be earned by all youth who display that they have achieved a "healthy level of fitness." By doing this you are more likely to participate in activities and less likely to suffer from injuries.

Many of the events for the Health Fitness Award are the same as the physical fitness awards, which makes it just as fun and challenging to prepare yourself.

What is Physical Fitness?

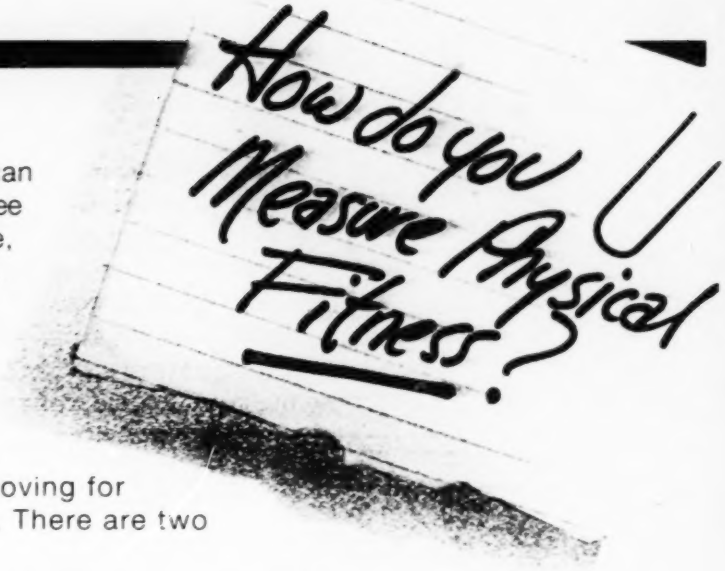
Being physically fit means having the energy and strength to perform daily activities vigorously and alertly without getting "run down," and to have energy left over to enjoy leisure-time activities or meet emergency demands. When you are physically fit, your heart, lungs and muscles are strong and your body is firm and flexible. Your body weight relative to your height, or Body Mass Index (BMI), is within a healthy, desirable range.

Physical fitness will help you control your weight and cope with stress. You'll feel and look better, and that often means success in anything you want to do, such as work, sports, dance, and other recreational activities. You may even do better in school.

Getting in shape is important for your future. You'll be healthier both now and as an adult, and that means a more enjoyable and active life.

Fitness is feeling GREAT!

How do you Measure Physical Fitness?



Physical fitness can be broken down into three main parts: endurance, strength and flexibility. Each one can be measured and there are specific exercises to improve each area.

ENDURANCE is the ability to keep moving for long periods of time. There are two types of endurance:

Cardiorespiratory endurance means that your heart and lungs are able to supply your muscles with lots of oxygen and nutrients. "Aerobic" exercises like running, walking, jumping rope and cycling build endurance in your heart and lungs. How fast you can run or walk ¼, ½, or 1 mile is one test of heart/lung endurance.

Muscular endurance means that your muscles are strong enough to move for long periods of time. Exercises such as push-ups, leg raises, and curl-ups build muscular endurance and strength. How many curl-ups you can do is a test of abdominal muscle strength and endurance.

WHY BUILD ENDURANCE? With high levels of endurance you have more energy and are able to play harder and longer during sports or games. You don't get out of breath easily and your muscles are firm. When your heart and lungs are in good shape you're healthier and less likely to develop some forms of disease. Also, doing "aerobic" exercises burns extra calories and helps keep your weight under control.

STRENGTH is how much force you can exert with your muscles. You can measure this by seeing how much weight you can hold in place (static strength), how much weight you can move (dynamic strength), or how fast you can move a weight (power). This weight can refer to your own body weight or special equipment such as a barbell or strength training machine. Always make sure you talk to someone who knows a lot about strength training before you use special equipment.

WHY BUILD STRENGTH? When you are strong you don't need to rely on others to do the "heavy" work and you are less likely to injure your muscles. You can do things like lift your body weight and move heavy objects. Hard jobs become easier and you'll also do better in sports, games and other activities.

★ ★ ★ ★ ★ ★

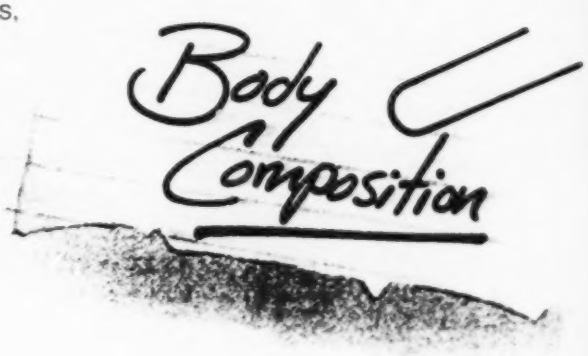
FLEXIBILITY means that you can move your muscles and joints through their "full range of motion." Stretching exercises increase flexibility. Seeing how close you can come to touching or reaching beyond your toes is one measure of flexibility.

WHY BUILD FLEXIBILITY? When your muscles are flexible you can reach, bend and stretch more easily. You are less likely to injure your muscles and joints. Stretching helps decrease tension and stress, and makes your body feel good.

★ ★ ★ ★ ★ ★

Other factors that will affect how well you do in the President's Challenge are Speed, Agility, and Coordination. These factors also will help improve your performance in your daily activities, or sports and games.

People who are physically fit have a well-balanced body shape and good body composition. Body composition means how much of your body is fat compared to lean-body mass, which includes muscles, bones, tissues and organs.



Exercise gives muscles their shape, and muscles give shape to your body. People who exercise are more likely to have less body fat than those who are not in shape. Boys naturally tend to have less body fat than girls.

★ ★ ★ ★ ★ ★

You are healthier when your weight and body fat are in the right range.

★ ★ ★ ★ ★ ★

The scale is not always a good indicator of fitness particularly for athletes. Since muscle weighs more than fat, you could have good body composition yet appear to weigh too much on the scale, or you could weigh the right amount but have too much fat on your body. If you want to know whether your body composition is good ask your physical education or health teacher, or a fitness instructor, to measure your percent body fat or calculate your Body Mass Index (BMI).

12

How to Improve

To improve your fitness level, you must follow the P.R.O.S.—the principles of exercise. They are PROGRESSION, REGULARITY, OVERLOAD, SPECIFICITY, and here's what they mean:

PROGRESSION—*Gradually* increase how hard, how long and how many times you do an exercise over a period of time. It takes six to eight weeks for physical improvements to be seen, but you'll feel better right away. For example, don't try to go from 5 curl-ups to 50 curl-ups overnight, but add a few more every week until you've reached your goals.

REGULARITY—Set up a *regular* schedule and work out every day, or at least 3-4 times each week. It's not good to take too much time off between workouts—what you don't use, you lose.

OVERLOAD—For a muscle to get stronger it must work *harder* than it does at rest. This means making your heart beat faster and your breathing increase during aerobics, doing more repetitions of an exercise or lifting more weight. If an exercise feels too easy it probably is, and chances are you won't improve. But remember, don't overdo it. "No pain, no gain" is a myth!

SPECIFICITY—Exercise is *specific*. For example, aerobic exercises won't build flexibility. And, stretching exercises won't make your muscles stronger. To be flexible you have to stretch, and to be strong you have to make your muscles work hard. And, to be good at a certain sport you have to practice that sport.

How to Meet the "Presidents Challenge."

Since 1966, American youngsters have taken part in the Presidential Physical Fitness Award program or the President's Challenge. Those youngsters reaching the 85th percentile or above on all five items of the test became eligible to receive the Presidential Physical Fitness Award for outstanding achievement.

To help motivate many more young people to exercise regularly and improve their fitness, three awards have been added to complement the long-standing Presidential Physical Fitness Award. The National Physical Fitness Award was added in 1987 and recognizes those youngsters who score at or above the 50th percentile on the same five test items. The Participant award, introduced in the Fall of 1991, recognizes boys and girls who attempt all five test items but whose scores fall below the 50th percentile on one or more of them. Refer to pages 20 and 21 for the Health Fitness items and standards. All four awards are now available to boys and girls with disabilities based on the criteria outlined on page 39 of this booklet.

Challenge Item	Primary Fitness Component Measured
One-mile run/walk	heart/lung endurance
Curl-ups (or partial curl-ups)	abdominal strength/endurance
V-Sit Reach (or sit and reach)	lower back/hamstring flexibility
Shuttle Run	leg strength/endurance/power/agility
Pull-ups (or right angle push-ups)	upper body strength/endurance

WHAT DOES PERCENTILE MEAN? The standards for the President's Challenge test are based on the fitness scores of thousands of students like yourself in the United States. If you score at the 85th percentile or above, you have scored in the top 15 percent of your age group. If you score at the 50th percentile or above, it means that you have scored in the top half among the youngsters in your age group who have taken this test.

When you qualify for the Presidential Physical Fitness Award you are eligible to receive a Presidential certificate of achievement and a BLUE emblem. The emblem may be purchased with or without the number of years the award has been won.

When you qualify for the National Physical Fitness Award you are eligible to receive either a National certificate of achievement, a RED emblem or both.

When you qualify for the Participant Physical Fitness Award you are eligible to receive either a Participant certificate of achievement, a WHITE emblem or both.

The program is conducted in schools, park and recreation departments, YMCA's, Jewish Community Centers and other youth organizations. Ask your teacher for more information on the program.

Winning an award is something of which to be proud. We encourage you to strive to do better and if you qualify for the white emblem this year, go for the red next year; if you win the red, go for the blue. But remember, you're all winners in fitness!

GET FIT AND GO FOR IT!

These are the exercises you will be asked to do to qualify for the Presidential, National or Participant Awards. Check your scores against the charts on pages 18 and 19.

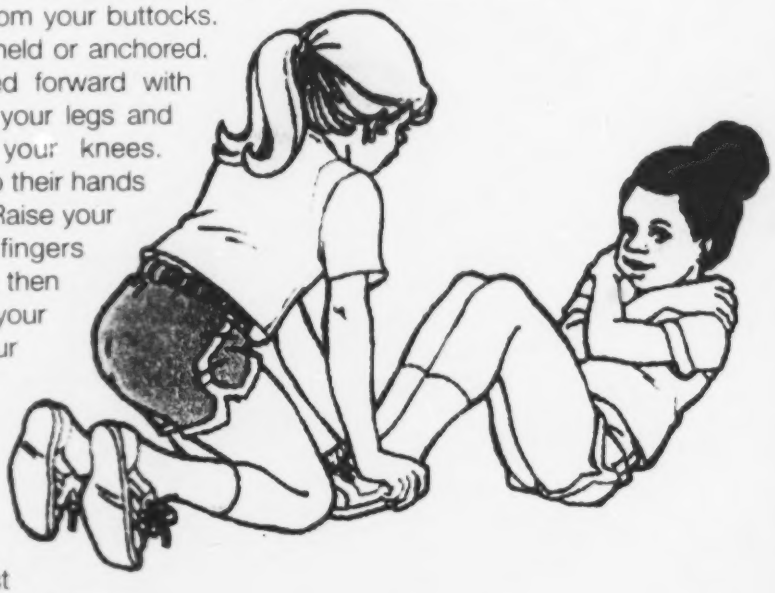
★ ★ ★ ★ ★ ★

Curl-Ups

Lie on cushioned, clean surface with your knees flexed, feet about 12 inches from your buttocks. Place hands on opposite shoulders, arms close to chest. A partner will hold your feet and count each curl-up. Raise your trunk up to touch elbows to thighs. A complete curl-up is counted each time you lie back and touch your shoulders to the floor. The goal is to do as many curl-ups as you can in one minute.

Option: Partial Curl-Ups

Lie on cushioned, clean surface with your knees flexed, feet about 12 inches from your buttocks. Your feet are **not** held or anchored. Arms are extended forward with fingers resting on your legs and pointing toward your knees. Have a partner cup their hands under your head. Raise your trunk until your fingers touch your knees, then back down until your head touches your partner's hands. Do one every three seconds until you can do no more in rhythm (you have not done the last three in rhythm) or you have reached the target for the Presidential Award.

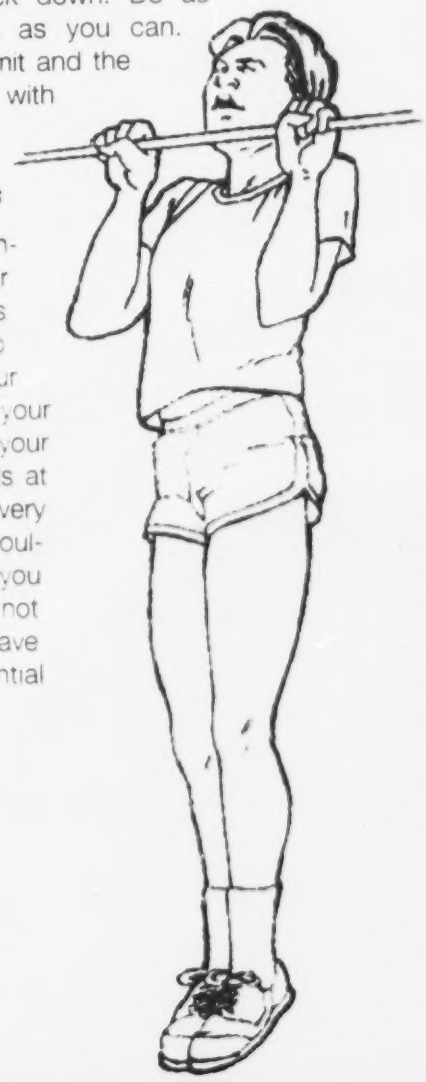


16

Pull-Ups

Grasp a bar with an overhand or underhand grip. Small children can be lifted to this position. Feet should not touch the floor and legs should hang straight.

Begin by hanging with your arms straight. Pull your body up with a steady movement until your chin is over the bar and extend back down. Do as many pull-ups as you can. There is no time limit and the pull-ups must be done with straight legs.



Option: Right Angle Push-Ups

Lie face down on the mat in push-up position with your hands under your shoulders, fingers straight, with your legs straight out and partially apart. Push up until your arms are straight, keeping your back and knees straight, then bending your arms until you have a 90 degree angle at your elbows. Have a partner hold their hands at this point. A partial curl-up is counted every time you touch their hands with your shoulders. Do one every three seconds until you can do no more in rhythm (you have not done the last three in rhythm) or you have reached the target for the Presidential Award.

Shuttle Run

Two blocks of wood or similar objects are placed behind a line drawn 30 feet from where you start. On the signal "Ready, Go!" you run to the blocks, pick one up, bring it back and place it behind the starting line. You then run and pick up the second block and bring it back across the starting line. Your fastest time is recorded.

18

One Mile Walk/Run

At the signal "Ready, Go" you begin running one mile on a track or safe area marked off to the correct distance. Option: Ages 6 & 7 have the option of running one-quarter of a mile, while ages 8 & 9 have the option of running one-half mile. Walking is permitted. However, the goal is to complete the mile as fast as possible.

19

V-Sit Reach

Take off your shoes and place your feet directly behind a line marked on the floor. Your feet should be 8-12 inches apart. This is the baseline. A measuring line is placed between your legs. Clasp your thumbs so that your hands are together with palms down and place them on the measuring line. A partner will hold your legs straight. Keeping your toes pointing upward (feet flexed) reach forward as far as possible along the measuring line. Exhale as you reach forward. Reaches beyond baseline are "plus" scores, behind baseline are "minus." Baseline equals "0." You'll have three practice tries and the fourth reach will be recorded.

Option: Sit and Reach

A specially designed box is used for this flexibility test. You sit on floor with legs straight and feet held flat against end of box. A measuring line is on top of the box with 23 centimeters marked at the level of the feet. You place your hands evenly along measuring line, one hand on top of the other, and reach as far as you can. Three practice tries are allowed and the fourth reach is recorded. Scores are recorded in centimeters.

Can you meet the President's Challenge?

On the following pages are some exercises you can do to get in shape for the President's Challenge. How you do these exercises is very important so be sure to follow the directions carefully. If you are unsure about what to do or would like some different exercises, ask your physical education teacher or someone knowledgeable about physical fitness. Remember, exercising comes easier to some kids than others. Work hard but don't make getting in shape a contest. Progress at your own pace and you will soon see and feel the benefits.

If you score at or above these scores for your age and sex on ALL FIVE EVENTS you qualify for

THE PRESIDENTIAL PHYSICAL FITNESS AWARD
Qualifying Standards

	AGE	CURL-UPS (# one minute)	PARTIAL* CURL-UPS (#)	SHUTTLE RUN (seconds)	V-SIT REACH (inches)	SIT AND REACH (centimeters)	ONE-MILE RUN (min:sec)	DISTANCE OPTION** (min:sec) 1/4 mile	DISTANCE OPTION** (min:sec) 1/2 mile	PULL-UPS (#)	RT. ANGLE* PUSH-UPS (#)
BOYS	6	33	22	12.1	+3.5	31	10:15	1:55		2	9
	7	36	24	11.5	+3.5	30	9:22	1:48		4	14
	8	40	30	11.1	+3.0	31	8:48		3:30	5	17
	9	41	37	10.9	+3.0	31	8:31		3:30	5	18
	10	45	35	10.3	+4.0	30	7:57			6	22
	11	47	43	10.0	+4.0	31	7:32			6	27
	12	50	64	9.8	+4.0	31	7:11			7	31
	13	53	59	9.5	+3.5	33	6:50			7	39
	14	56	62	9.1	+4.5	36	6:26			10	40
	15	57	75	9.0	+5.0	37	6:20			11	42
	16	56	73	8.7	+6.0	38	6:08			11	44
	17	55	66	8.7	+7.0	41	6:06			13	53
GIRLS	6	32	22	12.4	+5.5	32	11:20	2:00		2	9
	7	34	24	12.1	+5.0	32	10:36	1:55		2	14
	8	38	30	11.8	+4.5	33	10:02		3:58	2	17
	9	39	37	11.1	+5.5	33	9:30		3:53	2	18
	10	40	33	10.8	+6.0	33	9:19			3	20
	11	42	43	10.5	+6.5	34	9:02			3	19
	12	45	50	10.4	+7.0	36	8:23			2	20
	13	46	59	10.2	+7.0	38	8:13			2	21
	14	47	48	10.1	+8.0	40	7:59			2	20
	15	48	38	10.0	+8.0	43	8:08			2	20
	16	45	49	10.1	+9.0	42	8:23			1	24
	17	44	58	10.0	+8.0	42	8:15			1	25

*Norms from Canada Fitness Award Program, Health Canada, Government of Canada with permission.
**1/4 and 1/2 mile norms from Amateur Athletic Union Physical Fitness Program with permission.

Getting in Shape to Meet the President's Challenge

Always warm up your body first for about five minutes to get your muscles and joints ready for action. You'll know you are warmed up when you start to sweat and breathe heavier. Warm-up exercises actually raise your body's temperature and make your muscles more limber. After you've warmed up, your body and mind are ready for more vigorous activity. The four exercises that begin on page 22 are warm-up exercises.

THE NATIONAL PHYSICAL FITNESS AWARD
Qualifying Standards

	AGE	CURL-UPS (# one minute)	OR PARTIAL* CURL-UPS (#)	SHUTTLE RUN (seconds)	V-SIT REACH (inches)	OR SIT AND REACH (centimeters)	ONE-MILE RUN (min:sec)	OR DISTANCE OPTION** (min:sec) 1/4 mile	(min:sec) 1/2 mile	PULL-UPS (#)	OR RT. ANGLE* PUSH-UPS (#)	OR FLEXED-ARM HANG (sec)
BOYS	6	22	10	13.3	+1.0	26	12:36	2:21		1	7	6
	7	28	13	12.8	+1.0	25	11:40	2:10		1	8	8
	8	31	17	12.2	+0.5	25	11:05		4:22	1	9	10
	9	32	20	11.9	+1.0	25	10:30		4:14	2	12	10
	10	35	24	11.5	+1.0	25	9:48			2	14	12
	11	37	26	11.1	+1.0	25	9:20			2	15	11
	12	40	32	10.6	+1.0	26	8:40			2	18	12
	13	42	39	10.2	+0.5	26	8:06			3	24	14
	14	45	40	9.9	+1.0	28	7:44			5	24	20
	15	45	45	9.7	+2.0	30	7:30			6	30	30
	16	45	37	9.4	+3.0	30	7:10			7	30	28
	17	44	42	9.4	+3.0	34	7:04			8	37	30
GIRLS	6	23	10	13.8	+2.5	27	13:12	2:26		1	6	5
	7	25	13	13.2	+2.0	27	12:56	2:21		1	8	6
	8	29	17	12.9	+2.0	28	12:30		4:56	1	9	8
	9	30	20	12.5	+2.0	28	11:52		4:50	1	12	8
	10	30	24	12.1	+3.0	28	11:22			1	13	8
	11	32	27	11.5	+3.0	29	11:17			1	11	7
	12	35	30	11.3	+3.5	30	11:05			1	10	7
	13	37	40	11.1	+3.5	31	10:23			1	11	8
	14	37	30	11.2	+4.5	33	10:06			1	10	9
	15	36	26	11.0	+5.0	36	9:58			1	15	7
	16	35	26	10.9	+5.5	34	10:31			1	12	7
	17	34	40	11.0	+4.5	35	10:22			1	16	7

*Norms from Canada Fitness Award Program, Health Canada, Government of Canada with permission.
**1/4 and 1/2 mile norms from Amateur Athletic Union Physical Fitness Program with permission.

THE PARTICIPANT PHYSICAL FITNESS AWARD

Boys and girls who attempt all five test items but whose scores fall below the 50th percentile on one or more of them are eligible to receive the Participant Award.

BEST COPY AVAILABLE

Health Fitness Award

The President's Challenge now offers an opportunity to earn a Health Fitness Award. You can earn a Health Fitness Award (HFA) if you reach the scores in the chart on the next page. By reaching these scores you can say that you have reached

"a healthy level of fitness."

Many of the events are the same as the physical fitness test with a few differences. The following five items make up the events for the Health Fitness Award:

1. Partial Curl-Ups (see page 13)
2. One Mile Run/Walk or the distance options for ages 6-9 (see page 16)
3. V-Sit Reach or Sit & Reach option (see page 17)
4. Right Angle Push-Ups or Pull-Ups option (see page 14)

The final part of the Health Fitness Award is to find out your **Body Mass Index (BMI)**. This is a measure of your weight relative to your height and is used as an estimate of the amount of fat you have. Here's how to do it:

5. Body Mass Index

   Step One: Convert your weight to kilograms (kg)
   2.2 lbs = 1 kg.

   Step Two: Convert your height to meters (m)
   1 inch = .0254m

   Step Three: Square your height (m^2)
   height x height

   Step Four: Divide your weight by your height (m^2)
   $w(kg) \div h(m^2)$

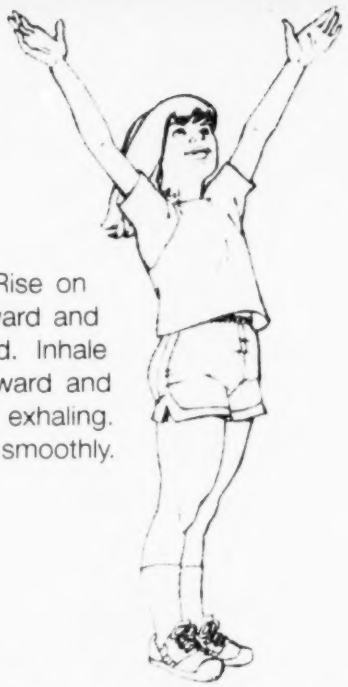
If your scores meet those in the chart on page 21 then you have a healthy level of fitness.

THE HEALTH FITNESS AWARD
Qualifying Standards

	AGE	PARTIAL CURL-UPS (#)	ONE-MILE RUN (min:sec)	OR	DISTANCE OPTION (min:sec) 1/4 mile	(min:sec) 1/2 mile	V-SIT REACH (inches)	OR	SIT AND REACH (centimeters)	RT. ANGLE PUSH-UPS (#)	OR	PULL-UPS (#)	BMI (range)
BOYS	6	12	13:00		2:30		1		21	3		1	13.3-19.5
	7	12	12:00		2:20		1		21	4		1	13.3-19.5
	8	15	11:00			4:45	1		21	5		1	13.4-20.5
	9	15	10:00			4:35	1		21	6		1	13.7-21.4
	10	20	9:30				1		21	7		1	14.0-22.5
	11	20	9:00				1		21	8		2	14.0-23.7
	12	20	9:00				1		21	9		2	14.8-24.1
	13	25	8:00				1		21	10		2	15.4-24.7
	14	25	8:00				1		21	12		3	16.1-25.4
	15	30	7:30				1		21	14		4	16.6-26.4
	16	30	7:30				1		21	16		5	17.2-26.8
	17	30	7:30				1		21	18		6	17.7-27.5
GIRLS	6	12	13:00		2:50		2		23	3		1	13.1-19.6
	7	12	12:00		2:40		2		23	4		1	13.1-19.6
	8	15	11:00			5:35	2		23	5		1	13.2-20.7
	9	15	10:00			5:25	2		23	6		1	13.5-21.4
	10	20	10:00				2		23	7		1	13.8-22.5
	11	20	10:00				2		23	7		1	14.1-23.2
	12	20	10:30				2		23	8		1	14.7-24.2
	13	25	10:30				3		25	7		1	15.5-25.3
	14	25	10:30				3		25	7		1	16.2-25.3
	15	30	10:00				3		25	7		1	16.6-26.5
	16	30	10:00				3		25	7		1	16.8-26.5
	17	30	10:00				3		25	7		1	17.1-26.9

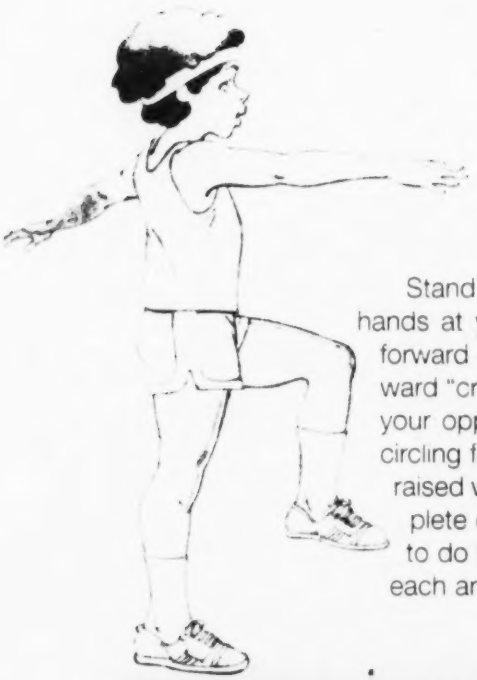
Criterion standards listed above adapted from Amateur Athletic Union Physical Fitness Program; AAHPERD Physical Best Cooper Institute for Aerobic Research, Fitnessgram; Corbin, C. & Lindsey, R., *Fitness for Life*, 4th edition; and YMCA Youth Fitness Test.

Deep Breather



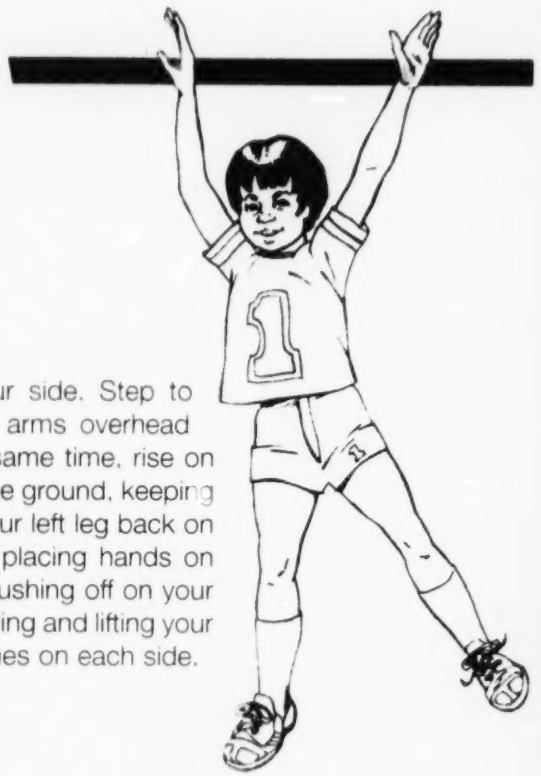
Stand tall with knees slightly bent. Rise on your toes and slowly circle your arms inward and upward, until arms are straight overhead. Inhale deeply. Continue circling your arms backward and downward while lowering your heels and exhaling. This exercise should be done slowly and smoothly. Repeat 5 times.

Swinging March



Stand up straight with feet shoulder-width apart, hands at your sides. Alternate right and left arms in forward circle motions as if you were doing the forward "crawl" swimming stroke. At the same time, lift your opposite knee so that when your right arm is circling forward your left knee is raised; right knee is raised while left arm is moving forward. Do 10 complete circles with each arm and then switch arms to do the "backstroke." Repeat 10 full circles with each arm.

The Pendulum Push



Stand straight with arms at your side. Step to right, bending your right knee. Raise arms overhead and push towards the ceiling. At the same time, rise on your right toes and lift your left leg off the ground, keeping all your weight on the right foot. Put your left leg back on the ground, bending both knees and placing hands on shoulders. Repeat to the left side by pushing off on your left foot, pushing palms towards the ceiling and lifting your right foot off the ground. Repeat 10 times on each side.

Jumping Jacks

Stand straight with feet together. Jump up and land with your feet shoulder-width apart as you swing arms to shoulder height. Jump back to starting position while clapping your hands over your head. Jump up and land with feet apart while bringing your arms back to shoulder height. Jump back to starting position while lowering arms to your sides. Repeat this 4-part jumping jack 10-20 times at a slow, controlled pace.

Stretching

Stretching helps prevent your muscles and joints from getting injured. Stretching makes your body more flexible so you are able to move easily and do your best in your activities.

When you stretch, relax and breathe comfortably. Don't bounce or jerk. Hold each position for about 10 seconds. If it hurts ease up a little. As you improve, hold each stretch for 30 seconds. Stretching also helps you relax when you're feeling tense. Always remember to stretch muscles after they've been warmed up.

• The following are just a few of the stretches you can do every day to improve your flexibility.

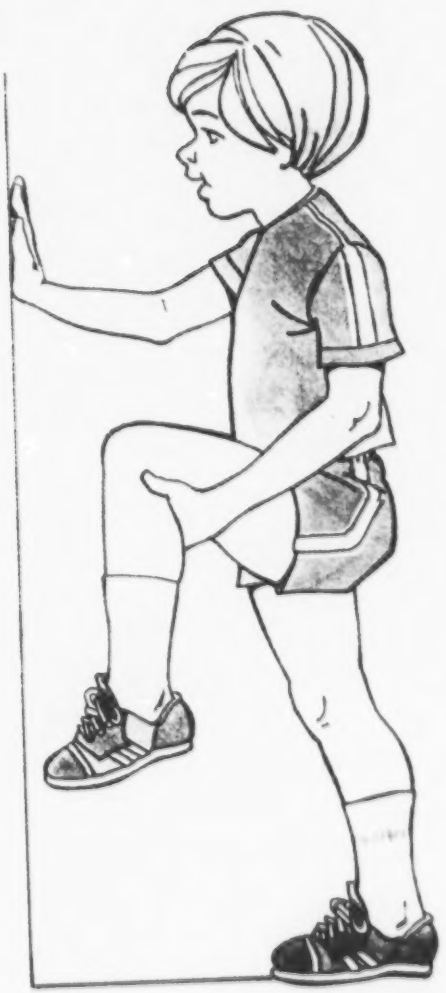
Back Scratch Stretch

You can do this stretch standing or sitting. Raise your right hand in the air with your palm facing to the back. Bend your elbow and place the palm of your hand on your back between your shoulders. Bring your left hand behind your back and try to touch your right hand. Hold 10-30 seconds. Repeat two times on each side. Don't force this stretch; you may find one side easier than the other!

28

Knee-Hi Stretch

While standing, lift left knee toward your chest. Place left hand under your knee and pull leg up to stretch the back of your leg and your lower back. Keep standing leg slightly bent. Hold for 10-30 seconds. Repeat twice on each side.



29

Thigh Stretch

Keeping body upright, grasp left foot behind you with left hand. Slowly pull leg back so that your knee moves away from your body until you feel a stretch in the front of your leg. Hold 10-30 seconds. Repeat twice with each leg.

30

Calf Stretch

Lean against a wall and put right leg behind you. Keep right heel on the floor and very slightly bend the right knee. Lean forward until you feel a pull in your calf and behind your ankle. Hold 10-30 seconds. Repeat twice with each leg.

Cardio-Respiratory Exercises

Every exercise program should include aerobic activities to strengthen your heart and lungs. Aerobic exercises require lots of oxygen and make your heart beat faster. Walking, swimming, running and aerobic dancing are examples of this type of exercise. Since the President's Challenge includes an endurance run, it's a good idea to practice running as your aerobic activity.

After you've warmed up and stretched you're ready to run. And, don't forget the P-R-O-S (page10).

First, find an area where a one-mile distance can be marked off. Four times around a school track is usually one mile. If you've never run a mile before, follow the Beginner program. If you're a pretty good runner, but haven't been following a regular running routine, follow the Intermediate program. If you've done a lot of running and are ready to time yourself for the one mile, follow the Advanced program.

BEGINNER—Jog 2 minutes/walk 1 minute for a total of 15 minutes. Repeat. Do this at least three times a week for 2 weeks. Don't worry about the distance yet.

INTERMEDIATE—Jog 4 minutes/walk 1 minute. Do this for about 15-20 minutes at least three times a week. After about two weeks, reduce the amount of walking time to 30 seconds. Gradually build up to about 30 minutes using this pattern.

ADVANCED—Continuously jog for 20 minutes. Of course, there is no limit here. If you find jogging is for you, you can run longer distances. Once a week, time a one-mile run for speed and work up to the score you need to meet the President's Challenge.

Training Tips for a Jogging Program

- Wear good running shoes with plenty of cushion and support.
- Land on your heel, roll through your feet and push off from the ball of your foot. Running on your toes can make your calves feel very tight.
- Keep your shoulders relaxed and your elbows slightly bent. Look straight ahead, not at your feet.
- Breathe steadily and deeply, with mouth open. If you have trouble catching your breath, slow down a little.
- Run with good form. Let your arms swing naturally, and alternate arms and legs. Your right arm and left leg should be moving forward at the same time and your left arm and right leg at the same time.

- Always warm up (start gradually) and cool down (stop gradually). Stretch your muscles before and after you jog.
- NEVER stop abruptly or lie down after your jog. When you're ready to stop, gradually slow down and walk for about 3 minutes before coming to a complete stop.

Muscular Strength and Endurance Exercises

These exercises will help you get in shape to do CURL-UPS, PULL-UPS, and SHUTTLE RUN for the President's Challenge. They will help develop your muscle strength and endurance. Do these exercises *and* practice the specific Challenge items as well.

CURL-UPS:

Lie on cusioned, clean surface with knees bent at 90 degrees, feet flat on the floor. Place your arms across your chest, hands on opposite shoulders. Slowly curl your head, shoulders and upper back off the floor bringing elbows to thighs. Breathe out as you curl up and then return to starting position while breathing in. Start with 10 repetitions.

Gradually add 2 curl-ups each week until you've reached the 85th percentile score needed for your age and sex. Practice these curl-ups at least 3 times each week. In addition, have someone time you once a week to see how many curl-ups you can do in one minute. Eventually, you'll reach your goal! You can do it with enough practice.

Modified Pull-Ups

Place a strong pole or pipe on the seats of two chairs placed about four feet apart. Make sure the ends of the bar are secure. Lie on your back, slide under the bar and grasp it with two hands, palms facing away from your body and hands about shoulder width apart. Pull your chest up to the bar keeping your body straight from head to feet. Do this 10 times. If it is easy, find a higher bar. Eventually, work up to a horizontal bar where your body can hang completely off the ground. Practice holding your chin above the bar or doing pull-ups at least three times each week. Work up to the number you need to do to meet the President's Challenge.

35

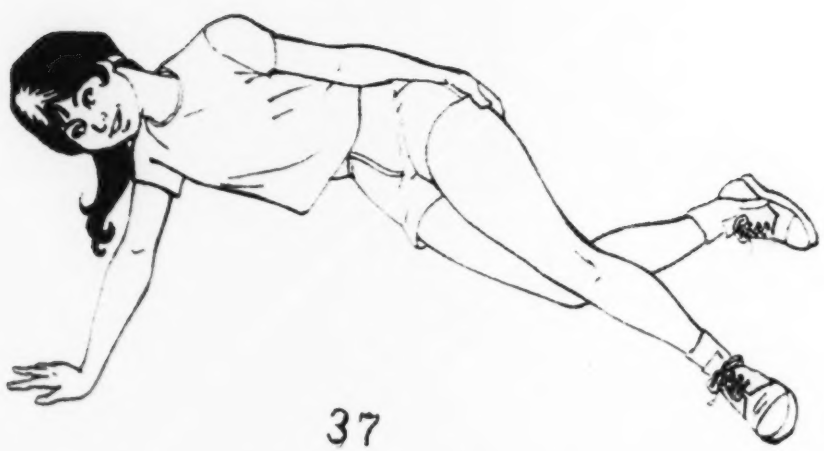
Push-Ups

Get down on your hands and knees and position yourself so that your back is straight, head in line with your spine. Hands should be placed slightly outside your shoulders, fingers pointed forward, feet on the ground. Slowly lower your body until your chest touches the floor. Return to starting position. Once you can do 20-25 with your knees bent, advance to the straight-leg position on your hands and toes. Try to do 10 repetitions again to start!

36

Coffee Grinder

Support your body (turned sideways) on your right hand and arm and both feet. Keep your right arm and both legs fully extended, with feet slightly apart. Now "walk" your body in a circle using your right arm as a pivot. Repeat using your left arm. Repeat 10 times on each side.



37

Crab Walk

Sit on the floor with knees bent, feet flat on the ground and hands placed behind you on the floor. Raise your body up so that it is supported by your hands and feet. Walk forward on hands and feet for 5 steps, then backward for 5 steps. Add one step each way every week. Build up to 20 steps in each direction.

38

The Hoop Hopper

Cut out circles of paper or mold circles out of wire about 12-15 inches in diameter. Stagger 12 hoops in two rows of six with 12 inches separating the hoops from one another. Run through hoops, alternating right and left, with right foot going through hoops on right side, and left foot going through left hoops. Lift your knees high. Once you get good at this, time yourself and try to get faster.

The Wall Jump

Stand sideways next to a wall and extend your arm up. Mark, mentally or with a piece of tape, the spot one yard away from your fingers. Drop your arm, bend your knees and leap up and try to touch that mark. Repeat 10 times on each side.

40

Cooling Down

After you have done your aerobic or muscular conditioning work, you're ready to cool down. Just as you had to warm up your body before exercising vigorously, you should cool it down to get your breathing back to normal. Cooling down helps keep your muscles from becoming sore and stiff.

Before you do your cool-down stretches, walk around for a few minutes to make sure your breathing is back to normal and your heart is NOT beating fast. You should be feeling slightly relaxed by the time you're ready to do stretches.

You can choose stretching exercises you've done in your warm-up or add others. The important thing to remember is to stretch all major joints and muscle groups, especially those you have used during your workout. This is the time when you really can work on your flexibility, since it's easier to stretch warm muscles.

When you're done, see how many questions you can answer correctly in the fitness quiz that follows . . . you're on the road to physical fitness!

PRESIDENT'S COUNCIL ON PHYSICAL FITNESS AND SPORTS

Statement of Policy
and
Guidelines for Qualifying Students with Disabilities for the Presidential, National, Participant Physical Fitness, or the Health Fitness Awards

Students with disabilities have the right to an individual physical fitness program and the President's Council on Physical Fitness and Sports (PCPFS) includes this important element in guidelines for quality physical education. The Council also believes these students can be motivated to develop lifetime habits of appropriate exercise through recognition of achievement in physical fitness. The modified award criteria listed below have been prepared to permit boys and girls ages 6-17 with disabilities to qualify for the Presidential, National, Participant Physical Fitness, or the Health Fitness Awards in the President's Challenge Awards Program.

Qualified instructors who verify they have followed the criteria presented may qualify students with disabilities who do not reach PCPFS printed standards on one or more of the five test items in the awards program.

THESE MODIFICATIONS APPLY TO ALL AWARDS.

CRITERIA FOR QUALIFYING STUDENTS WITH DISABILITIES FOR THE PRESIDENTIAL, NATIONAL, PARTICIPANT PHYSICAL FITNESS, OR THE HEALTH FITNESS AWARDS

1. The instructor has reviewed the individual's records to identify medical, orthopedic, or other health problems which should be considered prior to participation in physical activities including physical fitness testing.

2. The individual has a disability or other problem that adversely affects performance on one or more test items.

3. The individual has been participating in an appropriate physical fitness program that develops and maintains cardiorespiratory endurance, muscular strength and endurance, flexibility, and body composition.

4. The instructor has administered the following five test items according to the provided program instructions allowing for modifications of or substitutions for those items necessary to accommodate the individual's condition: (1) one-mile walk/run, (2) curl-ups or partial curl-ups, (3) pull-ups, right angle push-ups, or flexed-arm hang, (4) shuttle run, and (5) V-sit reach or sit and reach.

5. The instructor judges that the individual has been tested on all five test items and/or in each of the five fitness categories and has performed at a level equivalent to a Presidential, National, Participant Physical Fitness, or the Health Fitness Award.

Fitness Quiz

(Adapted from "Fitness for Living," Walt Disney Educational Media Company in cooperation with the PCPFS)

1. Stretching exercises will help:
   A. Build strength
   B. Avoid injuries
   C. Burn calories
   D. None of these

2. Joints and muscles are prepared for vigorous exercise by:
   A. Jogging and weight training
   B. Warmups and stretching
   C. Rope climbing and situps
   D. Pushups and jumping rope

3. Muscle endurance is:
   A. The ability to move a heavy weight once
   B. The ability to stretch
   C. The ability to move something many times
   D. The ability to jump high

4. Jogging for 20 minutes will improve:
   A. Flexibility
   B. Muscle strength
   C. Heart/lung endurance
   D. None of these

5. The best heart/lung (aerobic) endurance exercise is:
   A. Short, fast runs
   B. Long, slow runs
   C. Tumbling
   D. Basketball

6. Muscle strength is the ability to
   A. Move a heavy weight once
   B. Play sports
   C. Move something many times
   D. Run fast

7. Which athlete will probably require the most heart/lung (aerobic) endurance during a game:
   A. Soccer goalie
   B. Softball fielder
   C. Basketball guard
   D. Football quarterback

8. Cooling down after a workout is important because:
   A. It gives your body time to return to its normal level
   B. It helps reduce your chance of injury
   C. It lowers your pulse and breathing rate slowly
   D. All of the above

9. The ratio of lean body mass to fat is:
   A. Body size
   B. Body type
   C. Body fitness
   D. Body composition

10. Physical fitness is important for:
    A. Health
    B. Physical performance
    C. Mental well-being
    D. All of the above

Answers to Fitness Quiz

1. A
2. B
3. C
4. C
5. B
6. A
7. C
8. D
9. D
10. D

For more information on the President's Challenge and Health/Fitness visit our Web Site at http://www.indiana.edu/~preschal

PRESIDENT'S COUNCIL ON PHYSICAL FITNESS AND SPORTS
200 INDEPENDENCE AVENUE, SW
ROOM 738H
WASHINGTON, D.C. 20201

http://www.os.dhhs.gov:80/progorg/ophs/pcpfs.htm

PRESIDENT'S CHALLENGE
Poplars Research Center–Indiana University
400 E. 7th Street
Bloomington, IN 47405

41-454-02

BEST COPY AVAILABLE